नमन

MY BOOK OF PRAYERS

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MADHUBAN
EDUCATIONAL
BOOKS

THE ESSENCE OF PRAYER

Children in their formative and most impressionable years can be trained while still young. We can inculcate in them a reverence for our ancient culture, an aspiration to live upto it and a correct understanding of the deeper implications of life. Prayer, it has been found, is the most effective and productive technique of kindling the essential beauty and brilliance inherent in them.

Through prayer, we can try to create in children a self-confidence to serve, generate in them a true affection in all their relationships, inculcate in them personal discipline and a true spirit of leadership. We can hone their ability to express themselves and to assert their individuality. Moreover, the powers of prayer to weed out psychological fears in children still very young, have been proven over the years.

This book is a humble attempt at trying to create for our growing children a healthier intellectual and physical climate, where they can grow with nobility— both physical and emotional— through the elevating medium of PRAYER.

समस्त जन कल्याणे निरतं करुणामयम्।
नमामि चिन्मयं देवं सद्गुरुं ब्रह्मविद्वरम्॥

Contents

❀ दैनिक वन्दना 4-18

* शान्ति मन्त्रम्
* गुरु स्तोत्रम्
* लक्ष्मी स्तुति
* श्रीकृष्ण स्तुति
* भोजनात् प्राक्
* गणेश वन्दना
* महा-मृत्युंजय मन्त्रम्
* गायत्री मन्त्रम्
* प्रातः वन्दना
* शयनसमये क्षमापणम्
* सरस्वती वन्दना
* पार्वती स्तुति
* श्रीराम स्तुति
* अध्ययनात् प्राक्
* कल्याण प्रार्थना

❀ Prayers and Hymns 19-33

* God be in my head...
* Lead Thou me on...
* Now before I run...
* O Lord, keep me...
* God make my life...
* Lives of great men...
* God made the earth...
* Father, we thank Thee...
* Creator of all joy...
* Lord, make me...
* King of the world...
* No man is an island...
* O ! When the saints...
* Abide with me...
* Jesus, tender shepherd...
* When the mists...
* For this new morning...
* Little words of kindness...
* The more you give...
* Little drops of water...
* Keep pushing—...
* Our Father, ...
* The day returns...
* Lord, receive our prayers...
* This is my prayer...
* There are numerous strings...
* All things bright and beautiful...
* Make me a channel...

❀ More Prayers 34-40

❀ भजन और प्रेरणा-गीत 41-55

❀ राष्ट्रीय गीत 56

दैनिक वन्दना

शान्ति मन्त्रम्

❀ ॐ सह नाववतु। सह नौ भुनक्तु।
सह वीर्यं करवावहै।
तेजस्विनावधीतमस्तु मा विद्विषावहै॥
ॐ शान्तिः! शान्तिः! शान्तिः!!

Meaning

ॐ - Om. Symbol of the Para Brahman; सह - together; नौ - us both; अवतु - may He protect; सह - together; नौ - us both; भुनक्तु - may He look after (the fruits of scriptural study); सह - together; वीर्यम् - put in effort with enthusiasm; करवावहै - exert together (to find the true meaning of sacred texts); तेजस्वि - lustrous; नौ - of both of us; अधीतम् - study; अस्तु - may be; माविद्विषावहै - (may we two) never quarrel

Om, may He protect us both (teacher and the taught). May He look after us both to enjoy (the fruits of scriptural study). May we both exert together (to find the true meaning of the sacred text). May our studies be fruitful so that we acquire lustre. May we never quarrel with each other.

Om Peace be ! Peace be !! Peace be !!!

गणेश वन्दना

❁ वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥

Meaning

वक्रतुण्ड - curved trunk; महाकाय - large bodied; सूर्यकोटि - million suns; समप्रभ - with the brilliance of; निर्विघ्नं - free of obstacles; कुरु - make; मे - my; देव - Lord; सर्वकार्येषु - in all work; सर्वदा - always

O Lord Ganesha of large body, curved trunk, with the brilliance of a million suns, please make all my work free of obstacles — always.

सरस्वती वन्दना

❀ या कुन्देन्दु तुषारहार धवला या शुभ्र वस्त्रावृता।
या वीणा वर दण्ड मण्डितकरा या श्वेत पद्मासना॥
या ब्रह्माच्युत शङ्कर प्रभृतिभिः देवैः सदा वन्दिता।
सा मां पातु सरस्वती भगवती निःशेष जाड्यापहा॥

Meaning

या - who; कुन्द - white Jasmine flower; इन्दु - moon; तुषार - frost, dew; हार - garland; धवला - white and pure; शुभ्र - white and radiant; वस्त्रा - clothes; आवृता - adorned with; वीणा - Veena; वर - beautiful; दण्ड - arm; मण्डित - adorned; करा - palm; श्वेत - white; पद्मासना - lotus throne; ब्रह्मा - Brahma; अच्युत - Lord Vishnu; शंकर - Lord Sankara; प्रभृतिभिः - beginning from; देवैः - by the Lords; सदा - always; वन्दिता - respected; सा - she (That); मां - me; पातु - protect; सरस्वती - Saraswati; भगवती - Goddess; निःशेष - without any remnant; जाड्य - lazy; आपहा - remove;

May Goddess Saraswati, who is fair like the Jasmine coloured moon and whose pure white garland is like frosty dew drops, who is adorned with radiant white clothes and on whose beautiful palm and arm rests the Veena, whose throne is a white lotus, and who is surrounded and respected by Gods beginning with Lord Brahma, Lord Vishnu and Lord Mahesh, protect me. I beseech Her to totally remove my laziness and sluggishness.

गुरु स्तोत्रम्

❁ गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः॥

Meaning

Prostrations to the Teacher who is Brahma, Vishnu and Mahesha. He alone is the Supreme Reality.

त्वमेव माता च पिता त्वमेव,
त्वमेव बन्धुश्च सखा त्वमेव।
त्वमेव विद्या द्रविणं त्वमेव,
त्वमेव सर्वं मम देव देव॥

Meaning

You alone are my mother, father, brother and companion. You alone are Knowledge and Prosperity. O Lord, you mean everything to me.

महा-मृत्युंजय मन्त्रम्

❀ ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय माऽमृतात्॥

Meaning

ॐ - Om. symbol of the Para Brahman; त्र्यम्बकं - the three eyed one - i.e. Lord Shiva; यजामहे - we all worship; सुगन्धिं - full of fragrance; पुष्टि - strength; वर्धनम् - One who increases; उर्वा - ripe cucumber; अरुकम् - ready to be plucked; इव - just like; बन्धनात् - from bondage; मृत्योः - of death; मुक्षीय - bestower of salvation; मा - never; अमृतात् - towards eternity

Om. We worship Lord Shiva (the three eyed one) who is full of fragrance and who nourishes all beings; may He liberate me from death, for the sake of immortality, just as the ripe cucumber is severed from its bondage (of the creeper).

This prayer is addressed to Lord Shiva the three eyed one, whose third eye indicates Knowledge which destroys our ignorance and releases us from the bondage of the cycle of death and rebirth.

May we be never separated from immortality.

पार्वती स्तुति

❀ ॐ सर्वमंगलमांगल्ये शिवे सर्वार्थसाधिके।
शरण्ये त्र्यंबके गौरि नारायणि नमोऽस्तुते॥

Meaning

O ! Goddess Parvati, consort of Lord Shiva, you who do good to all and fulfil the wishes of all — take me under your benediction. Before Thee, I prostrate myself.

लक्ष्मी स्तुति

❀ पद्मासने स्थिते देवि, परब्रह्मस्वरूपिणी।
सर्वदु:ख हरे देवि, महालक्ष्मी नमोऽस्तुते॥

Meaning

My salutations to Devi Mahalaxmi who, sitting in the lotus posture, of the nature of Truth, is the destroyer of all sorrows.

गायत्री मन्त्रम्

❀ ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यम्।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥

Meaning

ॐ - Om. symbol of the Para Brahman; भूः - Bhu-Lok (Physical Plane); भुवः - Antariksha-Lok (Astral Plane); स्वः - Svarga-Lok; तत् - That, Transcendent Reality i.e. Paramatman; सवितुः - Sun i.e. Pratyaksha Narayan, Isvara or Creator (as we cannot see God with our mortal eyes); वरेण्यम् - worthy of choosing for worship and adoration; भर्गः - remover of sins and ignorance; bestower of glory and effulgence; देवस्य - resplendent (Jnana-Svarupa) shining; धीमहि - we meditate (with intelligence); धियः - totality of Buddhi and understanding; यः - which (who); नः - our (to entire Universe); प्रचोदयात् - enlighten, guide, impel (forceful existence of darkness in its totality)

We meditate on that Isvara's (i.e. Pratyaksha Narayan's Symbol i.e. Sun) glory who has created the Universe; who is fit to be worshipped; who is the embodiment of Knowledge and Light, who is the remover of all sins and ignorance. May He illuminate (enlighten) our (entire universe's) intellects.

श्री राम स्तुति

❀ माता रामो मत्पिता रामचन्द्रः
स्वामी रामो मत्सखा रामचन्द्रः।
सर्वस्वं मे रामचन्द्रो दयालुः
नान्यं जाने नैव जाने न जाने॥

Meaning

Ram is my mother, my father, my master and my friend. Ram, the compassionate, is verily everything to me. I do not know anyone else but Ram.

❀ दक्षिणे लक्ष्मणो यस्य वामे च जनकात्मजा।
पुरतो मारुतिर्यस्य तं वन्दे रघुनन्दनम्॥

Meaning

On whose right side stands Laxmana, on whose left Sita and in front of whom prostrates Hanuman, to that Ram my salutations.

श्री कृष्ण स्तुति

❀ मूकं करोति वाचालं पंगुं लंघयते गिरिम्।
यत्कृपा तमहं वन्दे परमानन्दमाधवम्॥

Meaning

Salutations to Shree Krishna, who is the personification of Supreme Joy. By His grace even the dumb can become eloquent in speech, and the lame can cross over mountains (of obstacles in life).

प्रातः वन्दना

Early morning (on getting up)

❁ कराग्रे वसते लक्ष्मीः करमूले सरस्वती।
करमध्ये तु गोविन्दः प्रभाते करदर्शनम्॥

Meaning

कर - palm (complete); अग्रे - at the tips (of all the fingers); वसते - resides; लक्ष्मीः - Lakshmi - Goddess of Prosperity; कर - palm; मूले - at the base of; सरस्वती - Saraswati - Goddess of Knowledge; मध्ये - centre; तु - indeed; गोविन्दः - Govinda - Lord Krishna, Controller of Senses; प्रभाते - in the morning; कर - palm; दर्शनम् - see with reverence

On the tips of the fingers resides Goddess Lakshmi,
On the wrist resides Goddess Saraswati,
In the centre of the palm resides Lord Govinda Himself,
Every morning one should look at the palm with reverence.

अध्ययनात् प्राक्

(Before studies)

❀ सरस्वति नमस्तुभ्यं वरदे कामरूपिणि।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा॥

Meaning

Oh ! Goddess Saraswati, my humble prostrations unto Thee, who are the fulfiller of all wishes. I start my studies with Thy worship and always pray for success.

भोजनात् प्राक्

(Before meals)

❁ ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना॥

Meaning

ब्रह्म - Brahman; अर्पणम् - the oblation-offering; हविः - the clarified; ब्रह्माग्नौ - the fire of Brahman; ब्रह्मणा - by Brahman; हुतम् - is offered; एव - only; तेन - by him; गन्तव्यम् - shall be reached; ब्रह्म - by the man who is absorbed; कर्म - in action which is; समाधिना - Brahman

Brahman, Himself is the oblation (offering, pious donation); Brahman, Himself is the clarified butter etc. constituting the offerings; by Brahman Himself is the oblation poured into the fire of Brahman; Brahman verily (in truth) shall be reached by him who always sees Brahman in all actions.

शयनसमये क्षमापणम्

(Night prayer for forgiveness)

❀ करचरणकृतं वाक्-कायजं कर्मजं वा
श्रवणनयनजं वा मानसं वाऽपराधम्।
विहितमविहितं वा सर्वमेतत् क्षमस्व
जय जय करुणाब्धे श्रीमहादेव शंभो॥

Meaning

O Lord, kindly forgive my wrong actions done knowingly or unknowingly, either through my organs of action (hands, feet, speech) or through my organs of perception (ears, eyes) or by my mind. Glory unto Thee, O Lord, who is the ocean of kindness.

कल्याण प्रार्थना

❀ ॐ सर्वेषां स्वस्तिर्भवतु। सर्वेषां शान्तिर्भवतु।
सर्वेषां पूर्णं भवतु। सर्वेषां मङ्गलं भवतु॥

Meaning

ॐ - Om; सर्वेषां - may all be; स्वस्तिः - auspicious; भवतु - become; शान्तिः - attain peace; भवतु - became (attain); पूर्णं - complete in all respects (perfect); मङ्गलम् - blessed

Om. May all become auspicious; may all attain peace; may all achieve perfection; may all be blessed.

❀ ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःखभाक् भवेत्॥

Meaning

ॐ - Om; सर्वे - all; भवन्तु - may be (became); सुखिनः - happy; सन्तु - may be (became); निरामयाः - free from disease (healthy); भद्राणि - prosperity, auspiciousness; पश्यन्तु - may see, enjoy, experience; मा - not; कश्चित् - any body; दुःखभाक् - experiencer of misery, sorrow, unhappiness; भवेत् - may be (become)

Om. May all be happy; may all be healthy; may all see auspiciousness; may none suffer. Om. Peace be ! Peace be !! Peace be !!!

❀ ॐ असतो मा सद्गमय।
तमसो मा ज्योतिर्गमय।
मृत्योर्माऽमृतं गमय॥
ॐ शान्तिः! शान्तिः! शान्तिः!!

Meaning

ॐ - Symbol of the Para Brahman; from that which is not real; मा - me; सद् - to ultimate reality; गमय - lead (guide); तमसो - from darkness resulting from ignorance; ज्योतिः - Light of Truth; मृत्यो - from death as a result of not understanding reality; अमृतम् - to immortality with the cessation of ignorance

Om ! Lead me from untruth to Truth, from darkness to Light, and from death to Immortality. Om ! Peace be ! Peace be !! Peace be !!!

❀ ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥
ॐ शान्तिः! शान्तिः! शान्तिः!!

Meaning

ॐ - Om. Symbol of the Para Brahman; पूर्णम् - infinite (whole); अदः - that; इदम् - this; पूर्णात् - from the infinite (whole); उदच्यते - becomes manifest; पूर्णस्य - from the infinite (whole); आदाय - is negated; एव - alone; अवशिष्यते - remains

Om. That is whole; this is whole; from the whole, the whole becomes manifest. From the whole when the whole is negated, what remains is again the whole. Om ! Peace be ! Peace be !! Peace be !!!

Prayers and Hymns

✿ God be in my head,
And in my understanding;
God be in my eyes,
And in my seeing;
God be in my mouth,
And in my speaking;
God be in my heart,
And in my thinking;
God be at my end,
And at my departing.

✿ Jesus, tender shepherd, hear me;
Bless Thy little lamb tonight;
Through the darkness be Thou near me,
Watch my sleep till morning light.

All this day Thy hand has led me,
And I thank Thee for Thy care;
Thou has warmed and clothed and fed me;
Listen to my evening prayer.

✿ Lead, kindly Light, amid the encircling gloom
Lead Thou me on:
The night is dark and I am far from home,
Lead Thou me on.
Keep Thou my feet, I do not ask to see
The distant scene; one step enough for me.
I was not ever thus, nor prayed that Thou
Shouldst lead me on;
I loved to choose and see my path; but now
Lead Thou me on.

✿ When the mists have rolled in splendour
From the beauty of the hills,
And the sunlight falls in gladness
On the river and the rills,
We recall our Father's promise
In the rainbow of the spray;
We shall know each other better
When the mists have rolled away.

✿ Now before I run to play
Let me not forget to pray,
To God who kept me through the night
And woke me with the morning light.

Help me, Lord, to love Thee more
than I ever loved before,
In my work and in my play
Be Thou with me through the day.

Amen.

✿ For this new morning and its light,
For rest and shelter of the night,
For health and food, for love and friends,
For every gift your goodness sends,
We thank you, gracious Lord.

Amen.

✿ O Lord, keep me from trampling
The tender feelings of friends,
Whether at school or at play.

Amen.

✿ Little words of kindness
How they cheer the heart !
What a world of gladness
Will a smile impart.
Little acts of kindness
Richest gems on earth
Yet when they are wanting
Life's best charm is lost.
Little acts of kindness
Richest gems on earth
Though they seem but trifles
Priceless is their worth.

✿ God make my life a little light
Within the world to glow,
A tiny flame that burneth bright
Wherever I may go.

God make my life a little flower
That bringeth joy to all,
Content to bloom in native bower
Although its place be small.

God make my life a little song
That comforteth the sad,
That helpeth others to be strong
And makes the singer glad.

✿ The more you give, the more you get
The more you laugh, the less you fret —
The more you do unselfishly
The more you do abundantly.

The more of everything, you share,
The more you'll always, have to spare —

The more you love,
The more you'll find
That life is good
And friends are kind....

For only what we give away
Enriches us from day to day.

✿ Lives of great men all remind us
We can make our life sublime,
And departing leave behind us,
Footprints in the sands of time.

Footprints that perhaps another,
Sailing o'er life o' solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us then be up and doing
With a heart for any fate,
Still achieving, still pursuing,
Learn to labour and to wait.

✿ Little drops of water,
Little grains of sand,
Make the mighty ocean,
And the pleasant land.

Thus the little minutes,
Humble though they be,
Make the mighty ages
Of eternity.

Little deeds of kindness
Little words of love,
Make this Earth an Eden
With the Heaven above.

✿ God made the earth, He made the sky,
God made the fish and birds that fly,
Animals, flowers and trees so tall,
God made everything great and small.
All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

✿ Keep pushing— 'tis wiser
Than sitting aside,
And dreaming and sighing,
And waiting the tide.

In life's earnest battle
They only prevail
Who daily march forward
And never say fail !

In life's rosy morning,
In manhood's firm pride,
Let this be the motto
Your footsteps to guide.

In storm and in sunshine
Whatever assail,
We'll onward and conquer,
And never say fail !

Father, we thank Thee for the night,
And for the pleasant morning light,
For rest and food and loving care,
And all that makes the world so fair.
Help us to do the things we should,
To be to others kind and good,
In all we do, in work or play,
To grow more loving everyday.

Amen.

Our Father, who art in Heaven
Hallowed be Thy name
Thy kingdom come, Thy will be done
On Earth as it is in Heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive them that trespass against us.
And lead us not into temptation
But deliver us from evil.

Amen.

✿ Creator of all joy and beauty, we thank Thee this morning for Thy bright world, for the sunshine on the hills, for the mists on the rivers, for bird and beast, mountain, plain and forest, all giving glory to Thee in the radiance of the new dawn. We thank Thee that we may look, as Thou lookest, upon all the beauty of the earth. O Master, lover of beauty and joy, make our hearts simple and trustful, make our wills lowly and pure, that we may share in Thy will, whereby is created and upheld all the joy and the beauty of this, Thy great universe.

J. S. Hoyland

✿ The day returns and brings us back to our round of duties. Help us to play the man, help us to perform our tasks with laughter and kind faces. Let cheerfulness abound with industry. Help us to go blithely on our business all this day. Bring us to our resting beds weary and content and undishonoured, and grant us in the end the gift of sleep.

R. L. Stevenson

✿ Lord, make me an instrument of Thy purpose. Where there is hatred, let me sow love; where there is injury, forgiveness; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; not so much seek to be understood, as to understand; not so much seek to be loved, as to love.

For, it is in giving, that we receive; it is in forgiveness, that we are forgiven.

St. Francis of Assissi

✿ Lord, receive our prayers for our school and our country. Protect the innocent, restrain the greedy and the treacherous, and lead us out of our tribulations into a quiet land. Look down upon ourselves and upon our absent dear ones. Help us and them. Prolong our days in peace and honour. Give us health, food, bright weather, and light hearts. If we plan to do evil, frustrate our will. If we plan to do good, further our endeavours. Cause injuries to be forgotten and kindness to be remembered. Let us lie down at night without fear, so that we awake and arise tomorrow full of strength and joy.

R. L. Stevenson

✿ King of the world, we thank Thee for the beginning of a new day, for the dim twilight, the glowing sunrise, for the new hopes and the new opportunities, for the new consciousness of Thine abiding care. Give us courage and strength for our work today. Give us steadfastness of purpose, patience and humility, and help us to speak the truth.

J. S. Hoyland

✿ This is my prayer, my Lord, strike, strike at the root of penury in my heart. Give me the strength to make my love fruitful in service. Give me the strength never to disown those who are poor and weak, or bend my knees before insolent might. Give me the strength to raise my mind high above little things and to learn to live with nobility, with courage and with truth, and give me the energy always to work towards my ideals so that in my life I may reveal some glory and wonder that has shone in the lives of the great men of the past.

Rabindranath Tagore

✿ No man is an island
No man stands alone
Each man's joy is joy to me
Each man's grief is my own.

We need one another
So I will defend
Each man as my brother
Each man as my friend.

✿ There are numerous strings in your lute,
Let me add my own among them.
Then when you smite your chords,
My heart will break its silence,
And my heart will be one with your song.

Amidst your numberless stars,
Let me place my own little lamp.
In the dance of your festival of lights,
My heart will throb,
And my life will be one with your smile.

Rabindranath Tagore

✿ O ! When the saints
Go marching in
O ! When the saints
Go marching in
I want to be in that number
When the saints go marching in.

O ! When the drums, begin to beat - 2
I want to be in that number...

O ! When the stars, come out at night - 2
I want to be in that number...

✿ All things bright and beautiful
All creatures great and small
All things wise and wonderful
The Lord God made them all.

Each little flower that opens
Each little bird that sings
He made their glowing colours
He made their tiny wings.

The purple-headed mountains
The river running by
The sunset and the morning
To brighten up the sky.

Abide with me.
Fast falls the eventide
The darkness deepens
Lord with me abide.

When other helpers
Fail and comforts flee.
Help of the helpless
O' abide with me.

Swift to its close
Ebbs out life's little day
Earth's joys grow dim
Its glories fade away

Change and decay
In all around I see
O' thou who changest not
Abide with me.

✿ Make me a channel of your peace
Where there is hatred
Let me bring your love
Where there is injury
Your pardon, Lord
And where there's doubt
True faith in you.

O' Master grant
That I may never seek
So much to be consoled
As to console
To be understood
As to understand
To be loved
As to love
With all my soul.

Sikh Prayers

ੴ ਸਤਿਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ
ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲਮੂਰਤਿ
ਅਜੁਨੀ ਸੈਭਂ ਗੁਰ ਪ੍ਰਸਾਦਿ॥ ਜਪ॥

The Only Infinite One,
The Only Supreme Being (God),
The Eternal,
The Universal Spirit,
The Creator,
The All-Pervading,
The Sovereign,
The Harmonious,
The Immortal,
The Embodiment,
The Unincarnated,
The Self-Existent,
The Enlightener,
The Bountiful.

Mul Mantra

ੴ ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ।
ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ॥

He was Eternal before time was born, He was Eternal when time began to run its course, He is even now Eternal, and He will be Eternal for all times to come.

Japji Sahib

❁ थिर घर बैसो हर जन प्यारे
सतगुरु तुम्हरे काज संवारे
दुष्ट-दूत परमेशर मारे
जन की पैज रखीं करतारे।
बादशाह शाह सब वसकर धीने
अमृत नाम महारस पीने।
निरभौ होए भजो भगवान
साध-संगत मिल कीनो दान।
सरण परे प्रभु अंतर्यामी
नानक ओट पकरी प्रभु-स्वामी॥

Meaning

When you take the name of the Eternal One in solitude and with faith, He is sure to put right all that concerns you. He does away with evil and evil-incarnates and upholds the honour of the faithful. Even kings and nobles are in this power when they chant His name devoutly. Nothing seems as sweet as His name when chanted with devotion — not even *amrit*.

Chant the name of the Lord fearlessly. Keep the company of saints and gurus which is always beneficial.

Those who take shelter under the Omnicient, Omnipresent, All-pervading Lord — on them shall He shower His blessings.

A Buddhist Prayer

When someone is wronged, he must put aside all resentment and say,

"My mind shall not be disturbed;
no angry word shall escape my lips;
I will remain kind and friendly,
with loving thoughts
and no secret spite."

A Muslim Prayer

The Daybreak
Revealed at Mecca
In the Name of Allah, the Beneficient,
The Merciful

Say : I seek refuge in the Lord on Daybreak from the wrath of that which He created. From the evil of darkness when it is intense. And from the evil of malignant witchcraft. And from the evil of the envier when he envieth.

A Parsi Prayer

To think a good thought, to speak a good word, to do a good deed is good. It is the best thing; it is ever-lasting happiness; ever-lasting happiness comes to him who is virtuous for the sake of virtue, which is best.

Zend Avesta

Baha'i Prayers

✿ Thou seest, O Lord our suppliant hands lifted up towards the heaven of Thy favour and bounty. Grant that they may be filled with the treasures of Thy munificence and bountiful favours. Forgive us, and our fathers and our mothers, and fulfil whatsoever we have desired from the ocean of Thy grace and Divine generosity. Accept, O Beloved of our hearts, all our works in Thy path. Thou art, verily, the Most Powerful, the Most Exalted, the Incomparable, the One, the Forgiving, the Gracious.

— ***Baha'u'llah***

✿ O God,
guide me,
protect me,
illumine the lamp
of my heart
and make me a brilliant star.
Thou art the Mighty
and Powerful.

हे ईश्वर,
मेरा मार्गदर्शन कर,
मेरी रक्षा कर
मेरे हृदयदीप को प्रदीप्त
कर दे और
मुझे एक देदीप्यमान
सितारा बना दे।
तू शक्तिशाली तथा
बलशाली है!

भजन और प्रेरणा-गीत

❀ प्रेम मुदित मन से कहो
राम राम राम, श्री राम राम राम,
राम राम राम, श्री राम राम राम ॥ १ ॥

पाप कटे दु:ख मिटे, लेत राम नाम
भव समुद्र सुखद नाव, एक राम नाम
राम राम राम, श्री राम राम राम ॥ २ ॥

❀ पायो जी मैंने राम-रतन धन पायो ॥
वस्तु अमोलिक दी मेरे सतगुरू,
किरपा कर अपनायो ॥
जनम-जनम की पूँजी पाई,
जग में सभी खोवायो ॥
खरचै न खुटै वाको चोर न लूटै,
दिन दिन बढ़त सवायो ॥
सत की नाव, खेवटिया सतगुरु,
भवसागर तर आयो ॥
मीरा के प्रभु गिरिधर नागर
हरख हरख जस गायो ॥

✿ हे जग-त्राता विश्व-विधाता,
हे सुख-शान्ति निकेतन हे !
प्रेम के सिन्धू, दीन के बन्धू,
दु:ख-दरिद्र-विनाशन हे !
नित्य, अखंड, अनंत, अनादि,
पूरण ब्रह्म, सनातन हे !
जग-आश्रय, जग-पति, जग-वंदन,
अनुपम, अलख, निरंजन हे !
प्राणसखा, त्रिभुवन-प्रतिपालक,
जीवन के अवलंबन हे ॥

✿ मां शारदे ऽ ऽ ऽ
मां शारदे हंसवाहिनी, वीणापाणि, ब्रह्मभामिनी, कलास्वामिनी।
जग तार दे ऽ ऽ ऽ
मां शारदे ऽ ऽ ऽ
हृदय गगन में, मर्त्य-भवन में, मुक्त पवन में जनजीवन में
जन जीवन में रश्मि कर दे
मां शारदे ऽ ऽ ऽ
ज्ञान हीन में ध्यानहीन में मुक्तिहीन, विवेकहीन में
विवेकहीन में ज्ञान भर दे
मां शारदे ऽ ऽ ऽ
विवेकहीन में ज्ञान भर दे॥

✿ काहे रे ! बन खोजन जाई।
सर्व-निवासी सदा अलेपा, तोही संग समाई॥

पुष्प मध्य ज्यों बास बसत है, मुकुर माहिं जस छाई॥
तैसे ही हरि बसैं निरंतर, घट ही खोजो भाई॥

बाहर भीतर एकै जानौ, यह गुरु ज्ञान बताई।
जन **नानक** बिन आपा चीन्हे, मिटे न भ्रम की काई॥

✿ वैष्णव जन तो तेने कहिऐ, जे पीड पराई जाणे रे--
परदु:खे उपकार करे तोये, मन अभिमान न आणे रे--
सकल लोकमाँ सहुने बंदे, निन्दा न करे केनी रे--
वाच काछ मन निश्चल राखे, धन धन जननी तेणी रे--
मोह माया व्यापे नहि जेने, दृढ़ वैराग्य जेना मनमां रे।
राम नाम शुं ताली लागी, सकल तीरथ तेना तनमां रे--
वैष्णव जन तो तेने कहिये, जे पीड पराई जाणे रे॥

गुजराती गीत

❀ मत कर मोह तू , हरि-भजनको मान रे।
नयन दिये दरसन करने को, श्रवण दिए
सुन ज्ञान रे॥
बदन दिया हरिगुण गाने को, हाथ दिए
कर दान रे॥
कहत **कबीर** सुनो भाई साधो, कंचन
निपजत खान रे॥

❀ झीनी झीनी बिनी चदरिया॥
काहे कै ताना, काहे कै भरनी
कौन तार से बिनी चदरिया॥
इंगला पिंगला ताना भरनी
सुषमन तार से बिनी चदरिया॥
आठ कँवल दस चरखा डोलै
पाँच तत्त, गुण तिनी चदरिया॥
साईं को सीयत मास दस लागै
ठोक ठोक के बिनी चदरिया॥
सो चादर सुर नर मुनि ओढ़ी
ओढ़ी के मैली कीनी चदरिया॥
दास **कबीर** जतन से ओढ़ी
ज्यों की त्यों धरि दीनी चदरिया॥

✿ श्री रामचन्द्र कृपालु भज मन हरण भव-भय दारुणम्,
नव-कंज-लोचन कंज-मुख, कर कंज, पदकंजारुणम् ॥ १ ॥
कन्दर्प अगणित अमित छबि नव नील नीरज सुन्दरम्,
पट-पीत मानहु तड़ित रुचि शुचि नौमि जनक-सुतावरम् ॥ २ ॥
भज दीन-बन्धु दिनेश दानव दैत्य वंश निकन्दनम्,
रघुनन्द आनन्द-कंद कौशल-चंद दशरथ-नन्दनम् ॥ ३ ॥
शिर मुकुट कुण्डल तिलक चारु उदार अंग विभूषणम्,
आजानु भुज शर चाप-धर संग्राम-जित खर-दूषणम् । ॥ ४ ॥
इति वदति **तुलसीदास** शंकर शेष मुनि-मन रंजनम्
मम-ह्दय-कुंज निवास करु कामादि खल-दल गंजनम् ॥ ५ ॥

✿ ठुमक चलत रामचन्द्र-2
बाजत पैजनिया

किलकी-किलकी उठत धाय, गिरत भूमि लट-पटाय
धाय मातु गोद लेत, दशरथ की रनियाँ।

अंचल रज अंग झारि, विविध भाँति सो दुलारि
तन-मन-धन वारि वारि, कहत मृदु वचनियाँ।

विद्रुम सो अरुण अधर, बोलत मुख मधुर
सुभग नासिका में चारू, लटकत लटकनियाँ।

तुलसीदास अति आनन्द, देख के मुखारविन्द
रघुवर छवि के समान, रघुवर छवि बनियाँ॥

❀ चरन-कमल बन्दौं हरि राई।
जाकी कृपा पंगु गिरि लंघै; अंधे को सब कछु दरसाई॥
बहिरो सुनै; मूक पुनि बोलै; रंक चलै सिर छत्र धराई॥
सूरदास स्वामी करुनामय बार-बार बन्दौं तेहि पाई॥

❀ अँखियाँ हरि दरसन की प्यासी
देख्यो चाहत कमलनैनको
निसिदिन रहत उदासी ॥ १ ॥
आये ऊधो फिरि गये आँगन
डारि गये गर फाँसी ॥ २ ॥
केसरि-तिलक मोतिन की माला
वृन्दावन को वासी ॥ ३ ॥
काहूके मनकी कोऊ न जानत
लोगन के मन हाँसी ॥ ४ ॥
सूरदास प्रभु ! तुमरे दरस बिन
लेहौं करवट कासी ॥ ५ ॥

✿ सुमिरन कर ले मेरे मना।

तेरि बिति जाति उमर, हरिनाम बिना ॥

कूप नीर बिनु , धेनु छीर बिनु , धरती मेह बिना।
जैसे तरुवर फल बिन हीना, तैसे प्राणी हरिनाम बिना॥

देह नैन बिन, रैन चन्द्र बिन, मन्दिर दीप बिना।
जैसे पंडित वेद बिहीना, तैसे प्राणी हरिनाम बिना॥

काम क्रोध मद लोभ निहारो छाँड़ दे अब संतजना।
कहे **नानकशा**, सुन भगवंता या जग में नहिं कोइ अपना॥

✿ भजो रे भैया राम गोविन्द हरी ॥
जप तप साधन कछु नहिं लागत
खरचत नहिं गठरी ॥ १ ॥
संतत संपत सुख के कारण
जासे भूल परी ॥ २ ॥
कहत **कबीर** जा मुख राम नहिं
वो मुख धूल भरी ॥ ३ ॥

✿ मो सम कौन कुटिल खल कामी।
जिन तनु दियो ताहि बिसरायो ऐसो निमकहरामी ॥
भरि भरि उदर विषय को धावौं,
जैसे सूकर ग्रामी।
हरिजन छाँड़ हरि-बिमुखनकी
निसि-दिन करत गुलामी ॥ १ ॥
पापी कौन बड़ो है मोतें,
सब पतितन में नामी।
सूर पतित को ठौर कहाँ है,
सुनिये श्रीपति स्वामी ॥ २ ॥

✿ प्रभु ! मोरे अवगुण चित्त न धरो।

सम-दरशी है नाम तिहारो, चाहे तो पार करो ॥

एक नदिया एक नार कहावत मैलो ही नीर भरो ।
जब मिल करके एक बरन भये सुरसरि नाम पर्यो ॥

इक लोह पूजा में राखत, इक घर बधिक पर्यो ।
पारस गुण अवगुण नहिं चितवत, कंचन करत खरो ॥

यह माया भ्रम-जाल कहावत **सूरदास** सगरो ।
अबकी बेर मोहिं पार उतारो, नहि, प्रन जात टरो ॥

❀ मेरे तो गिरधर गोपाल, दूसरा न कोई।
दूसरा न कोई, साधो, सकल लोक जोई ॥

भाई छोड़्या, बंधु छोड़्या, छोड़्या सगा सोई ।
साधु संग बैठ बैठ लोक-लाज खोई ॥ १ ॥

भगत देख राजी हुई, जगत देख रोई ।
अँसुवन जल सींच सींच प्रेम-बेलि बोई ॥ २ ॥

दधि मथ घृत काढ़ि लियो, डार दई छोई ।
राणा विष को प्यालो भेज्यो, पीय मगन होई ॥ ३ ॥

अब तो बात फैल पड़ी, जाणे सब कोई ।
मीरा प्रेम लगण लागी, होनी होय सो होई ॥ ४ ॥

घूँघटका पट खोल रे ! तोको पीव मिलेंगे।
घट घटमें वह साँईं रमता कटुक वचन मत बोल रे ॥
धन-जोबन को गरब न कजै झूठा पचरँग चोल रे ॥
सुन्न महलमें दियना बारिले आसन सों मत डोल रे ॥
जाग जुगुत सों रंग-महलमें पिय पायो अनमोल रे ॥
कहै **कबीर** आनन्द भयो है, बाजत अनहद ढोल रे ॥

माई मैंने गोविन्द लीनो मोल, गोविन्द लीनो मोल ॥

कोई कहे सस्ता, कोई कहे महँगा, लीनो तराजू तोल ॥ १ ॥

कोई कहे घर में, कोई कहे बनमें, राधा के संग किलोल ॥ २ ॥

मीरा के प्रभु गिरधर नागर, आवत प्रेम के डोल ॥ ३ ॥

राम-नाम-रस पीजै,
मनुआ राम-नाम-रस पीजै ।
तज कुसंग सत-संग बैठ नित,
हरि-चरचा सुनि लीजै ॥
काम क्रोध मद लोभ मोह कूँ ,
बहा चित्त सों दीजै ।
मीरा के प्रभु गिरधर नागर,
ताहि के रंग में भीजै ॥

✿ तुम मेरी राखो लाज हरी ।
तुम जानत सब अन्तरजामी ॥
करनी कछु न करी ॥ १ ॥

औगुन मोसे बिसरत नाहि,
पल छिन घरी घरी ।
सब प्रपंच की पोट बाँध करि
अपने सीस धरी ॥ २ ॥

दारा सुत धन मोह लिये हौं
सुधि-बुधि सब बिसरी ।
सूर पतित को बेग उबारो,
अब मेरी नाव भरी ॥ ३ ॥

आरती

जय जगदीश हरे !
भक्त जनोंके संकट छिन में दूर करे
ओम् जय जगदीश हरे !

जो ध्यावे फल पावे, दुख विनसे मन का
सुख संपति गृह आवे, कष्ट मिटे तन का।
मात-पिता तुम मेरे, शरण गहूँ किसकी,
तुम बिन और न दूजा, आस करूँ जिसकी-जय. . . ॥ १ ॥

तुम पूरन परमात्मा, तुम अन्तरयामी
पारब्रह्म परमेश्वर, तुम सबके स्वामी।
तुम करुणा के सागर, तुम पालनकर्त्ता
मैं मूरख, खल, कामी, कृपा करो भर्त्ता- जय. . . ॥ २ ॥

तुम हो एक अगोचर, सबके प्राण-पति
किस विध मिलूँ गुसाईं, तुमको मैं कुमति।
दीन-बन्धु दुख-हरता, ठाकुर तुम मेरे
अपने हाथ उठाओ, द्वार पड़े तेरे।
विषय-विकार मिटाओ, पाप हरो देवा
श्रद्धा-भक्ति बढ़ाओ, सन्तन की सेवा- जय. . . ॥ ३ ॥

श्री हनुमान चालीसा

चौपाई

❀ जय हनुमान ज्ञान गुन सागर।
जय कपीस तिहुँ लोक उजागर॥
राम दूत अतुलित बल धामा।
अंजनि-पुत्र पवनसुत नामा।
महाबीर बिक्रम बजरंगी।
कुमति निवार सुमति के संगी॥
कंचन बरन बिराज सुबेसा।
कानन कुंडल कुंचित केसा॥. . .

. . .जै जै जै हनुमान गोसाईं।
कृपा करहु गुरु देव की नाईं॥
जो सत बार पाठ करे कोई।
छूटहि बंदि महा सुख होई॥
जो यह पढ़े हनुमान चालीसा।
होय सिद्धि साखी गौरीसा॥
तुलसीदास सदा हरि चेरा।
कीजै नाथ हृदय मँह डेरा॥

दोहा

पवनतनय संकट हरन,
मंगल मूरति रूप।
राम लखन सीतां सहित,
हृदय बसहु सुर भूप॥

॥ सियावर रामचन्द्र की जय॥

प्रेरणा गीत

हम होगें कामयाब (३), एक दिन
हो... मन में है विश्वास, पूरा है विश्वास
हम होगें कामयाब, एक दिन।

हम चलेंगे साथ-साथ
डाल हाथों में हाथ
हम चलेंगे साथ-साथ, एक दिन
मन में है विश्वास, पूरा है विश्वास
हम चलेंगे साथ-साथ एक दिन।

होगी शान्ति चारों ओर (३), एक दिन
मन में है विश्वास, पूरा है विश्वास
होगी शान्ति चारों ओर, एक दिन।

नहीं डर किसी का आज
नहीं भय किसी का आज
नहीं डर किसी का आज के दिन
मन में है विश्वास पूरा है विश्वास
नहीं डर किसी का आज के दिन।

हम होंगे कामयाब (३) एक दिन
हो... मन में है विश्वास, पूरा है विश्वास
हम होंगे कामयाब एक दिन॥

हिन्दी गीत

✿ सारे जहां से अच्छा हिन्दोस्तां हमारा।
हम बुलबुले हैं इसकी ये गुलसितां हमारा॥ . . .
परबत वो सबसे ऊँचा, हमसाया आसमां का।
वो संतरी हमारा, वो पासवां हमारा॥ . . .
गोदी में खेलती हैं, जिसकी हजारों नदियाँ।
गुलशन है जिनके दम से, रश्के-जिनां हमारा॥
मज़हब नहीं सिखाता, आपस में बैर रखना।
हिन्दी हैं हम, वतन है हिन्दोस्तां हमारा॥ . . .

उर्दू गीत

✿ लब पे आती है दुआ बन के तमन्ना मेरी
ज़िन्दगी शमां की सूरत हो खुदाया मेरी।
दूर दुनियाँ का मेरे दम से अंधेरा हो जाए
हर जगह मेरे चमकने से उजाला हो जाए।
हो मेरा काम गरीबों की हिमायत करना
दर्दमन्दों से ज़रीफों से मोहब्बत करना।
मेरे अल्लाह बुराई से बचाना मुझको
नेक जो राह हो उस राह पे चलाना मुझको॥

उर्दू गीत

राष्ट्रीय गीत

✿ वन्दे मातरम्। वन्दे मातरम्।
सुजलां सुफलां मलयज-शीतलाम्।
शस्य-श्यामलां मातरम्।
वन्दे मातरम्।
शुभ्र-ज्योत्सनां-पुलकित यामिनीम्
फुल्लकुसुमित-द्रुमदल शोभिनीम्
सुहासिनीं सुमधुर भाषणीम्
सुखदां वरदां मातरम्।
वन्दे मातरम्॥

✿ जन-गण-मन अधिनायक जय हे!
भारत-भाग्य-विधाता
पंजाब सिंध गुजरात मराठा, द्राविड़ उत्कल बंग।
विन्ध्य हिमाचल यमुना गंगा, उच्छल जलधि तरंग।
तव शुभ नामे जागे, तब शुभ आशिष मांगे,
गाहे तव जय-गाथा।
जन-गण-मंगलदायक जय हे!
भारत-भाग्य-विधाता।
जय हे! जय हे! जय हे! जय जय जय जय हे!

नमन

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Mahatma Gandhi

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